



National Nutrient Database for Standard Reference
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Full Report (All Nutrients) 42150, Babyfood, apple yogurt dessert, strained

Report Date: June 24, 2017 22:01 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 jar NFS 113g	1 jar Beech-Nut Stage 2 (4 oz) 113g
Proximates							
Water	g	77.90	--	--	11.69	88.03	88.03
Energy	kcal	96	--	--	14	108	108
Energy	kJ	400	--	--	60	452	452
Protein	g	0.80	--	--	0.12	0.90	0.90
Total lipid (fat)	g	1.60	--	--	0.24	1.81	1.81
Ash	g	0.20	--	--	0.03	0.23	0.23
Carbohydrate, by difference	g	19.50	--	--	2.92	22.04	22.04
Fiber, total dietary	g	0.5	--	--	0.1	0.6	0.6
Sugars, total	g	12.02	--	--	1.80	13.58	13.58
Minerals							
Calcium, Ca	mg	6	--	--	1	7	7
Iron, Fe	mg	0.00	--	--	0.00	0.00	0.00
Magnesium, Mg	mg	15	--	--	2	17	17
Phosphorus, P	mg	31	--	--	5	35	35
Potassium, K	mg	70	--	--	10	79	79
Sodium, Na	mg	20	--	--	3	23	23
Zinc, Zn	mg	0.28	--	--	0.04	0.32	0.32
Copper, Cu	mg	0.050	--	--	0.007	0.057	0.057
Selenium, Se	µg	0.7	--	--	0.1	0.8	0.8
Vitamins							
Vitamin C, total ascorbic acid	mg	35.1	--	--	5.3	39.7	39.7
Thiamin	mg	1.560	--	--	0.234	1.763	1.763
Riboflavin	mg	0.050	--	--	0.007	0.057	0.057

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 jar NFS 113g	1 jar Beech-Nut Stage 2 (4 oz) 113g
Niacin	mg	0.000	--	--	0.000	0.000	0.000
Vitamin B-6	mg	0.020	--	--	0.003	0.023	0.023
Folate, total	μg	9	--	--	1	10	10
Folic acid	μg	0	--	--	0	0	0
Folate, food	μg	9	--	--	1	10	10
Folate, DFE	μg	9	--	--	1	10	10
Choline, total	mg	5.4	--	--	0.8	6.1	6.1
Vitamin B-12	μg	0.50	--	--	0.07	0.56	0.56
Vitamin B-12, added	μg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	μg	3	--	--	0	3	3
Retinol	μg	2	--	--	0	2	2
Carotene, beta	μg	7	--	--	1	8	8
Carotene, alpha	μg	0	--	--	0	0	0
Cryptoxanthin, beta	μg	5	--	--	1	6	6
Vitamin A, IU	IU	24	--	--	4	27	27
Lycopene	μg	0	--	--	0	0	0
Lutein + zeaxanthin	μg	7	--	--	1	8	8
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	0.00	0.02	0.02
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0	0.0	0.0
Vitamin D3 (cholecalciferol)	μg	0.0	--	--	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0
Vitamin K (phylloquinone)	μg	0.2	--	--	0.0	0.2	0.2
Lipids							
Fatty acids, total saturated	g	1.034	--	--	0.155	1.168	1.168
4:0	g	0.049	--	--	0.007	0.055	0.055
6:0	g	0.035	--	--	0.005	0.040	0.040
8:0	g	0.020	--	--	0.003	0.023	0.023
10:0	g	0.044	--	--	0.007	0.050	0.050
12:0	g	0.054	--	--	0.008	0.061	0.061
14:0	g	0.167	--	--	0.025	0.189	0.189
16:0	g	0.438	--	--	0.066	0.495	0.495
18:0	g	0.158	--	--	0.024	0.179	0.179

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 tbsp 15g	1 jar NFS 113g	1 jar Beech-Nut Stage 2 (4 oz) 113g
Fatty acids, total monounsaturated	g	0.438	--	--	0.066	0.495	0.495
16:1 undifferentiated	g	0.035	--	--	0.005	0.040	0.040
18:1 undifferentiated	g	0.364	--	--	0.055	0.411	0.411
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.044	--	--	0.007	0.050	0.050
18:2 undifferentiated	g	0.030	--	--	0.004	0.034	0.034
18:3 undifferentiated	g	0.015	--	--	0.002	0.017	0.017
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	6	--	--	1	7	7
Amino Acids							
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0